

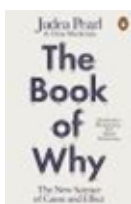
## Welfare and wellbeing



Status anxiety



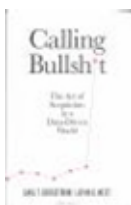
An orderly mess



The book of why : the new science of cause and effect



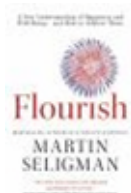
So you think you're human? : a brief history of humankind



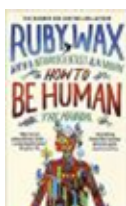
Calling bullshit : the art of scepticism in a data-driven world



States of mind : conversations with psychological investigators



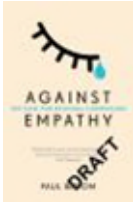
Flourish : a new understanding of happiness and well-being - and how to achieve them



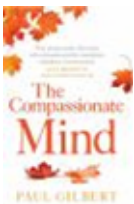
How to be human : the manual; a monk, a neuroscientist and me



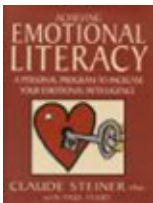
**Pain : the science of suffering**



**Against empathy : the case for rational compassion**



**The compassionate mind : a new approach to life's challenges**



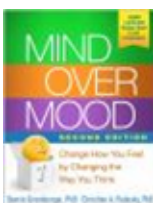
**Achieving emotional literacy : a personal program to increase your emotional intelligence**



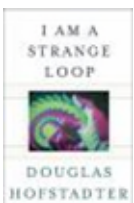
**How to survive the end of the world (when it's in your own head) : an anxiety survival guide**



**Manage your mind : the mental fitness guide**



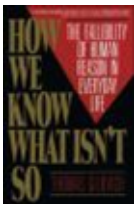
**Mind over mood : change how you feel by changing the way you think**



**I am a strange loop**



The chimp paradox



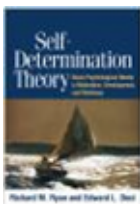
How we know what isn't so : the fallibility of human reason in everyday life



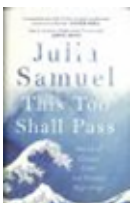
The science of well-being



How to stay sane



Self-determination theory : basic psychological needs in motivation, development, and wellness



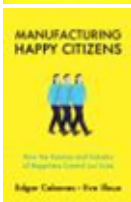
This too shall pass : stories of change, crisis and hopeful beginnings



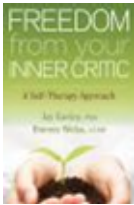
Quiet : the power of introverts in a world that can't stop talking



Six impossible things before breakfast : the evolutionary origins of belief



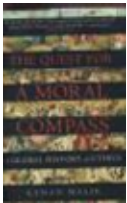
Manufacturing happy citizens : how the science and industry of happiness control our lives



**Freedom from your inner critic : a self-therapy approach**



**Overcoming low self-esteem : a self-help guide using cognitive behavioural techniques**



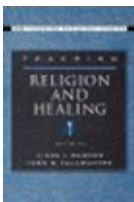
**The quest for a moral compass : a global history of ethics**



**The path : a new way to think about everything**



**The soul of the world**



**Teaching religion and healing**



**Caring management in the new economy : socially responsible behaviour through spirituality**



**Pleasure activism : the politics of feeling good**



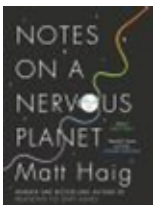
Everything bad is good for you : how today's popular culture is actually making us smarter



Sleepy head : narcolepsy, neuroscience and the search for a good night



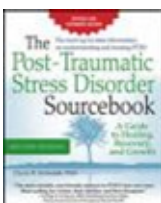
The man who couldn't stop : the truth about OCD



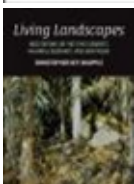
Notes on a nervous planet



Lost connections : why you're depressed and how to find hope



The post-traumatic stress disorder sourcebook



Living landscapes : meditations on the five elements in Hindu, Buddhist, and Jain yogas



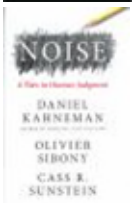
Yoga and the luminous : Patañjali's spiritual path to freedom



In gods we trust : the evolutionary landscape of religion



**Minds and gods : the cognitive foundations of religion**



**Noise : a flaw in human judgment**



**Mindfulness as sustainability : lessons from the world's religions**



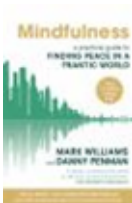
**Overcoming anxiety : a self-help guide using cognitive behavioral techniques**



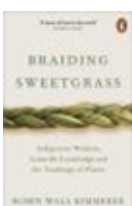
**Grief is the thing with feathers**



**An introduction to coping with insomnia and sleep problems**



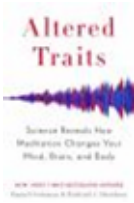
**Mindfulness : a practical guide to finding peace in a frantic world**



**Braiding sweetgrass : indigenous wisdom, scientific knowledge and the teachings of plants**



**Mindfulness for health : a practical guide to relieving pain, reducing stress and restoring wellbeing**



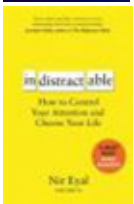
**Altered traits : science reveals how meditation changes your mind, brain, and body**



**Overcoming perfectionism : a self-help guide using scientifically supported cognitive behavioural techniques**



**The Midnight Library**



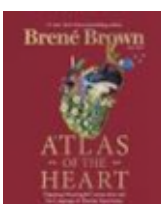
**Indistractable : how to control your attention and choose your life**



**Why be happy when you could be normal?**



**Breath : the new science of a lost art**



**Atlas of the heart**



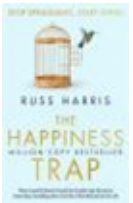
Four thousand weeks : time and how to use it



Overcoming stress : a self-help guide using cognitive behavioral techniques



The subtle art of not giving a fuck : a counterintuitive approach to living a good life



The happiness trap : based on ACT - a revolutionary mindfulness-based programme for overcoming stress, anxiety and depression



Get untamed : the journal



What a time to be alone



Quiet : silencing the brain chatter and believing that you're good enough



Stressilient : how to beat stress and build resilience





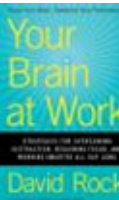
The mental health workbook (4 in 1): a practical guide to cognitive behavioral therapy (CBT), DBT & ACT for overcoming social anxiety, panic attacks, depression, phobias and addictions



Why has nobody told me this before?



Atomic habits : an easy and proven way to build good habits and break bad ones : tiny changes, remarkable results



Your brain at work : strategies for overcoming distraction, regaining focus, and working smarter all day long



Recovery : the lost art of convalescence



What am I doing with my life? : late night internet searches answered by the great philosophers



Freedom to think : the long struggle to liberate our minds



Enchantment : wonder in modern life



Staying alive in toxic times : a seasonal guide to lifelong health



Jane Austen and Shelley in the garden : a novel with pictures



Will this house last forever?



The seductive illusion of hard work



The anxiety solution : a quieter mind, a calmer you



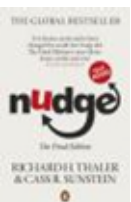
The defining decade : why your twenties matter and how to make the most of them now



The comfort book



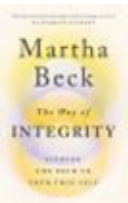
Notes on grief



Nudge



**Set boundaries, find peace : a guide to reclaiming yourself**



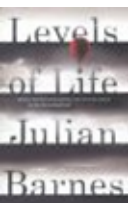
**The way of integrity : finding the path to your true self**



**I thought it was just me (but it isn't) : making the journey from "what will people think?" to "I am enough"**



**Eliminate negative thinking : how to overcome negativity, control your thoughts, and stop overthinking. Shift your focus into positive thinking, self-acceptance, and radical self love**



**Levels of life**



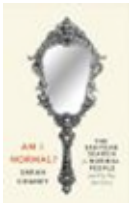
**The power of now : a guide to spiritual enlightenment**



**The year of magical thinking**



**Counselling for toads : a psychological adventure**



**Am I normal? : the 200-year search for normal people (and why they don't exist)**



**Little scratch**



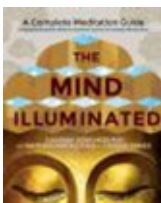
**Imagine if... : creating a future for us all**



**No one is talking about this**



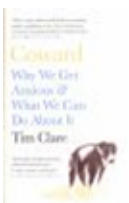
**100 things productive people do : little lessons in getting things done**



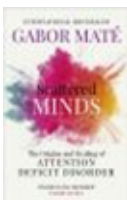
**The mind illuminated : a complete meditation guide integrating Buddhist wisdom and brain science for greater mindfulness**



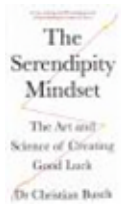
**The female factor : making women's health count - and what it means for you**



**Coward : why we get anxious & what we can do about it**



**Scattered minds : the origins and healing of attention deficit disorder**



## The serendipity mindset : the art and science of creating good luck